

# Healthy Habits for Happy Smiles



## Giving Your Child Healthy Snacks

Young children eat small amounts of food because their stomachs are small. In addition to giving your child healthy meals, giving your child a variety of healthy snacks at scheduled times during the day is important to keep your child healthy. Encourage your child to try new foods.



*School readiness begins with health!*



### Tips for healthy snacks:

- Give your child a variety of healthy snacks, such as:
  - Fruits like apples, bananas, oranges, or berries
    - Give your child cut-up or whole fruit instead of fruit juice.
  - Vegetables like broccoli, carrots, celery, cucumbers, or peppers
  - Foods made with whole grains, like cereals, crackers, bread, or bagels
  - Dairy products like low-fat milk, cheese, cottage cheese, and unsweetened yogurt
- Avoid foods that may cause choking, like popcorn, nuts, seeds, raw carrots, or whole grapes. Cut food into small pieces.
- Give your child water or milk to drink with snacks.
- Do not give your child sweets like candy, cookies, and cake at snack time. And do not give your child sweet drinks like fruit-flavored drinks, pop (soda), and fruit juice at snack time.

